



Mum to Mum Breastfeeding Peer Support

*" We are MUMS who have
breastfed our babies and
we are now volunteering to
give support to other MUMS
breastfeeding their babies."*



Who are we?

We are Mums who have breastfed our babies and we are now volunteering to give support to other Mums breastfeeding their babies.

We are all supportive of babies being breastfed and want to help others who wish to breastfeed their baby. We have received training on breastfeeding management and attend regular update sessions.

Breastfeeding benefits the whole family. Breastfed babies are healthier as they have less illnesses and fewer admissions to hospital.

Where can you find us?

You will be contacted on the ward or by phone/text following discharge by the Peer Support Link Worker so you can give consent to being linked to a Breastfeeding Peer. You will then be linked up to a local Breastfeeding Peer.

If you do not hear from us then you are welcome to get in touch. Our contact details are overleaf.

What we offer?

- We can give support to all mothers who live in the Belfast Trust area over the phone or we can arrange to meet
- We are willing to listen
- We are friendly and approachable
- We can give information on real life experiences and concerns about breastfeeding. We can refer you for specialist support if needed
- We can give you time
- All information is confidential.

Mum to Mum
Breastfeeding Peer Support



Further help

If you have any concerns about breastfeeding and are unable to contact your Peer Supporter, contact your Community Midwife, Health Visitor or GP.

To get linked up with Peer Support please contact

Infant Feeding Practitioner **T: 07738 945080**
Peer Support Link Worker **T: 07562 435531**
Landline to leave voicemail **T: 028 9615 0233**
E: specialistbfsupport@belfasttrust.hscni.net



If you live outside the Belfast Trust Area and would like to be linked with a local volunteer, then you can contact the Peer Support Link Worker in your Trust as below.

Northern Trust	T: 07500 891884
Western Trust	T: 07795 043205
South Eastern Trust	T: 07855 169707
Southern Trust	T: 07823 532306

For further information on support available across Northern Ireland go to www.breastfedbabies.org